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COMMISSION ON AGING  
TOWN HALL  
DARIEN, CONNECTICUT 06820

Meeting: April 15, 2009.

The meeting was called to order at 9:05 AM.

Present: Joseph Pankowski, Jennifer Geddes, Mary Giarratana, Norman Guimond, Ron Heinbaugh, Karen Joelson, Mary McCarthy, Pat Morgan, Amy Squyres, Robin Woods, Nancy Zengo. Also in attendance were Linda Santarella, Selectmen's Liaison and Evonne Klein, First Selectwoman.

Joseph Pankowski read Nancy Zengo's letter of resignation, which will be effective on July 1<sup>st</sup>.

Amy Squyres suggested that we acknowledge our gratitude to Nancy for her many years of dedication at the Senior Center, and write a few paragraphs to be put in the newspaper.

A search committee will be formed to find a replacement for Nancy's position.

The minutes of the March meeting were accepted/approved.

The Darien Town committee will search for a financial person to fill Alexander Liu's position.

The Senior Center report was read by Nancy Zengo:

- The program on 'Insomnia's Not Inevitable' was a huge success and a great learning experience.

- The Italian class continues to be well attended with 12 – 14 students and a wonderful volunteer, Tony Chimento, as the instructor.
- The Writing class continues with at least 10 students each week. Elsie Ferrara is the volunteer instructor.
- The Wellness Program has finished and was well attended. Most attendees stayed for the whole 10 week program.
- On March 1<sup>st</sup> the Garden Club of Darien did a flower arranging class with 15 seniors. They generously supply all the materials.
- On March 6<sup>th</sup> Tom Callinan did a musical program called 'Springfling.'
- Grandma's Story Time is held each month on the first Wednesday. Last month 10 children attended with their mothers'. They are reminded of the program each month by e-mail.
- On Monday of this week we had Esther Baldwin entertain with a musical Guitar sing-a-long.
- Bob Duff will be at the Center on Tuesday, April 21<sup>st</sup> to speak on Connecticut's Budget. Questions and Answers will follow at the end of the program.
- Alyssa Israel will speak to the group on May 18<sup>th</sup> about 'Aging In Place.'
- We are hosting another AARP course in May.
- Our thanks to the Parks and Recreation Department. The outside of the SC building has been spruced up. They cut down the unsightly bushes – removed an old fence – cleared the walkways, etc., etc.
- The Darien Senior Center sign, which was removed for wiring for the Carriage House, and laid on the ground for the construction time, is in poor condition. We were promised a new one, and I am in contact with Mrs. Gogolat, concerning this.
- Several Health Programs will be coming in June. Nancy Held will speak on Diabetes on May 15<sup>th</sup> and Dr. Seth Gross will speak on problems with Acid Reflux on June 22<sup>nd</sup>.
- Our yearly Volunteer Recognition Luncheon will be held on Wednesday, June 17<sup>th</sup>, with entertainment.
- Fall Prevention Program with Sally Harding will be held on June 29<sup>th</sup>.
- My 'Retirement' date will be on Wednesday, July 1<sup>st</sup>, changed from June 29<sup>th</sup>.

Thursday / Friday report – read by Ron Heinbaugh:

- The Wellness Program ended this month with a 'Spa Day – Beauty from Within.' Seniors were treated to customized makeovers by professional

- makeup artists, received anti-aging beauty tips. All who participated seemed to enjoy this special pampering and chance to improve their appearance.
- Thursday's 'Play with Clay' pottery class has generated enthusiasm. New potters and some artists who paint at the center in the morning stay to take advantage of this new creative opportunity. This program is a real nice addition to the already extensive Art Program.
- A three week Clutter workshop was held this month, led by local professional organizer Jen Burke of JKB Organizing. The first session was entitled 'Conquer the Clutter' focusing on what to Keep, Donate, Sell, and Recycle. Session 2 is called 'Manage Your Paper Before it Starts Managing you.' The last 'Life Transitions: Staying Organized through a Sea of Change.' The series has proven exceptionally popular with a number of new seniors who are attending the lectures. We have received very positive feedback about the workshop.
- A new Thursday discussion group entitled 'Remember When' is in the planning stages. It's theme will be 'It was a very good year' . . . .seniors can reminisce, share anecdotes and life experiences in a supportive atmosphere. Coffee, tea and cookies will be served.
- On Good Friday we were closed. Hope that both you and your families had a very happy holiday. (Carolynn Lewis)

Joseph Pankowski handed out the Commission On Aging's 'Purpose' statement. Discussion followed on this and Norman Guimond will chair the subcommittee. Amy Squyres and Jennifer Geddes will serve on the committee.

Joseph Pankowski will e-mail 'Visions' to those with e-mail addresses. There will be a special meeting on Wednesday, April 29<sup>th</sup> at 9:00 AM in Room 119 in the Town Hall to finalize visions. Discussion and vote on the commission's visions statement.

At this point Joseph Pankowski had to leave the meeting – therefore, Jennifer Geddes took over at 10:15 AM.

Jennifer Geddes brought up the subject of 'Beach passes.' Clients need to send / bring a letter of need to Olive Hauser. When going to the beach the client needs

to have a letter from Olive with them to show to the guard. Client can go to the beach in anyone's car, but must have that letter in order to gain entrance into the beach/park.

Mary McCarthy suggested a website as a means of informing seniors of activities / schedules at the Senior Center and various Darien sites.

Norman Guimond spoke about the 35 Leroy Avenue Buildings – old library site. He spoke about 3 developers and their ideas for the building. The units to be owner occupied - - 1 and 2 bedroom units - - several townhouses - - there will be a priority list ( town workers, seniors, teachers. ) There will be 21 units, selling for \$100, 00; \$160,000; \$200,000. Lowest income to qualify: \$52,000 – will have ‘lottery’ system. Discussion, questions and answers followed.

Meeting adjourned at 11:00 AM.

Respectfully submitted,

Dorothy Matteis.